Information for Tricare PRIME Beneficiaries

You and Your Primary

Care Manager



Your PCM Will

Monitor your healthcare needs over time



Help adopt lifestyle changes for good health

Manage your urgent, routine, and episodic healthcare needs

Arrange for speciality care when appropriate

Your health is a shared responsibility between you and your provider/
Primary Care Manager (PCM). It is important that you work with your PCM to coordinate all of your healthcare needs.



Your Responsibilities

Stay informed about your health

Change behaviors to improve your health

Schedule preventative examinations and tests

Contact your PCM first for all your healthcare needs



What is Different?

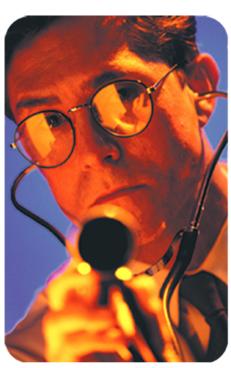
Your personal PCM and team know you and your healthcare needs

The PCM team may include a case manager for chronic disease management



You learn to care for yourself for minor conditions

You become a more informed healthcare consumer



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